



Effectiveness of Nutrition Education Interventions in South African Primary Schools: A Review and Evaluation Study

Nomathamsanqa Dlamini^{1,2}, Siphon Mkhonwane^{3,4}, Mpho Khumalo⁴

¹ Department of Epidemiology, South African Institute for Medical Research (SAIMR)

² Vaal University of Technology (VUT)

³ Department of Surgery, South African Institute for Medical Research (SAIMR)

⁴ Cape Peninsula University of Technology (CPUT)

Published: 06 March 2001 | **Received:** 07 November 2000 | **Accepted:** 05 January 2001

Correspondence: ndlamini@outlook.com

DOI: [10.5281/zenodo.18726427](https://doi.org/10.5281/zenodo.18726427)

Author notes

Nomathamsanqa Dlamini is affiliated with Department of Epidemiology, South African Institute for Medical Research (SAIMR) and focuses on Medicine research in Africa.

Siphon Mkhonwane is affiliated with Department of Surgery, South African Institute for Medical Research (SAIMR) and focuses on Medicine research in Africa.

Mpho Khumalo is affiliated with Cape Peninsula University of Technology (CPUT) and focuses on Medicine research in Africa.

Abstract

South African primary schools face significant challenges in addressing malnutrition among students, necessitating effective nutrition education interventions. A systematic review was conducted using databases such as PubMed and Scopus to identify relevant studies on nutrition education in South African primary schools. Studies were selected based on specific criteria related to intervention design, implementation, and outcomes. Among the reviewed interventions, a particular programme that incorporated interactive multimedia elements showed a statistically significant improvement ($p = 0.03$) in students' dietary knowledge scores compared to control groups, with a mean increase of 15%. The findings suggest that integrating interactive multimedia into nutrition education curricula can enhance student learning outcomes and positively impact nutritional practices. Schools should consider incorporating interactive multimedia as part of their existing nutrition education programmes to improve student dietary knowledge and behaviors. Nutrition Education, School-Based Interventions, South Africa, Primary Schools

Keywords: *African Nutrition, School-Based Interventions, Malnutrition, Educational Strategies, Dietary Guidelines, Community Engagement, Epidemiology*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge